

A safer home, one useful visit.

Choose one response per observation. "No issue noted" records what you saw; it does not certify safety. Put unresolved concerns on page 6.



Editorial illustration / not an assessed home

Date: _____ Checked with: _____

01 Floors & everyday pathways

Everyday walking routes are clear of bags, shoes, boxes, and loose cords.

Walk the routes your parent actually uses. Agree on new storage locations together.

- ☐ No issue noted
☐ Follow up
☐ Not applicable

Loose rugs, curling corners, and changes in floor level have been checked.

Record problem locations; discuss removing loose rugs or getting a suitable floor covering assessed.

- ☐ No issue noted
☐ Follow up
☐ Not applicable

There is a practical way to deal with spills promptly.

Keep cleaning supplies accessible without creating another obstruction.

- ☐ No issue noted
☐ Follow up
☐ Not applicable

Pet bowls, toys, and beds sit outside walking routes.

Choose a consistent place that works for your parent and pet.

- ☐ No issue noted
☐ Follow up
☐ Not applicable

What my parent wants to keep doing / our next step:

The bathroom, in everyday use.

Choose one response per observation. "No issue noted" records what you saw; it does not certify safety. Put unresolved concerns on page 6.

02 Bathroom

Bathroom floors and the bath or shower surface have been checked for slipping hazards.

Look for water, loose mats, and damaged surfaces. Ask a professional about appropriate slip-resistant options.

- ☐ No issue noted
☐ Follow up
☐ Not applicable

The need for properly installed grab bars has been discussed.

Towel rails are not grab bars. Get advice about placement, wall construction, and secure installation.

- ☐ No issue noted
☐ Follow up
☐ Not applicable

Frequently used toiletries and towels are within comfortable reach.

Move essentials with permission, without narrowing the walking route.

- ☐ No issue noted
☐ Follow up
☐ Not applicable

Any difficulty entering the shower or using the toilet is recorded for professional advice.

Do not test a difficult transfer just to complete this checklist.

- ☐ No issue noted
☐ Follow up
☐ Not applicable



Editorial illustration / not an installation or fitting specification

An exact place / time / question to follow up:

The bed-to-bathroom route.

Choose one response per observation. "No issue noted" records what you saw; it does not certify safety. Put unresolved concerns on page 6.

03 Bedroom & nighttime route

The route from bed to bathroom has usable lighting.

Check from the bed and from both ends of the route; avoid glare and shadows.

- ☐ No issue noted
- ☐ Follow up
- ☐ Not applicable

The floor beside the bed and the bathroom route are clear.

Check slippers, charging cables, bedding, and furniture edges.

- ☐ No issue noted
- ☐ Follow up
- ☐ Not applicable

A light switch or lamp can be reached before getting out of bed.

Check its location with your parent; secure any cord away from the route.

- ☐ No issue noted
- ☐ Follow up
- ☐ Not applicable

Your parent has an agreed way to contact someone for help.

Check phone access and the household response plan. A device is only useful if someone can respond.

- ☐ No issue noted
- ☐ Follow up
- ☐ Not applicable



Editorial illustration / not an installation or fitting specification

An exact place / time / question to follow up:

Steps, stairs, and coming home.

Choose one response per observation. "No issue noted" records what you saw; it does not certify safety. Put unresolved concerns on page 6.

04 Stairs & entrances

Stairs, steps, and entrances are clear of stored items.

Find a storage spot away from steps for mail, parcels, and shoes.

- ☐ No issue noted
- ☐ Follow up
- ☐ Not applicable

Handrails and step surfaces have been checked for loose or damaged parts.

Arrange professional repairs; do not use an unstable rail as support.

- ☐ No issue noted
- ☐ Follow up
- ☐ Not applicable

Steps and landings can be seen clearly in the lighting normally used.

Check after dark as well as during the day.

- ☐ No issue noted
- ☐ Follow up
- ☐ Not applicable

The outside approach has been checked for uneven surfaces, water, and seasonal hazards.

Record repairs or maintenance needed; do not ask your parent to demonstrate a risky route.

- ☐ No issue noted
- ☐ Follow up
- ☐ Not applicable

What matters most to my parent here?

The repair or maintenance to arrange:

Observe without testing a difficult movement

Ask permission before moving belongings. Discuss falls or new balance concerns with the healthcare team. Use individual advice for equipment fit and qualified help for repairs.

Daily routines and follow-through.

Choose one response per observation. "No issue noted" records what you saw; it does not certify safety. Put unresolved concerns on page 6.

05 Kitchen & living spaces

Frequently used items are stored without needing to climb or overreach.

Ask which items your parent uses daily before reorganizing cupboards.

☐ No issue noted

☐ Follow up

☐ Not applicable

Main rooms have working, accessible lights without obvious glare.

Check furniture shadows and failed bulbs along everyday routes.

☐ No issue noted

☐ Follow up

☐ Not applicable

Any difficulty getting into or out of a usual chair is noted for assessment.

Do not assume a furniture riser or different chair will solve the problem without checking suitability.

☐ No issue noted

☐ Follow up

☐ Not applicable

06 Family follow-up

Your parent has had a say in which changes happen first.

Ask what feels awkward or worrying and record their priorities.

☐ No issue noted

☐ Follow up

☐ Not applicable

Falls, near-falls, or new concerns about balance have been noted for a clinician.

This checklist is not a clinical fall-risk assessment; do not change medicines yourself.

☐ No issue noted

☐ Follow up

☐ Not applicable

Each unresolved issue has an owner and a follow-up date.

Use the action notes below and revisit after changes are made.

☐ No issue noted

☐ Follow up

☐ Not applicable

An unfinished issue / who will follow up:

Give the next step an owner.

Keep a request, a booking, finished work, and a checked result separate. Use the two-page action record if you need more space.

Issue / agreed next step / owner / due date:

Question for a clinician, assessor, or qualified installer:

Next review date / what my parent says about the change:

When the household check needs more help

Discuss falls, near-falls, or new balance concerns with the healthcare team. Get individual advice for equipment fit or difficult movement. Do not change medicines or test a difficult transfer to finish this worksheet.

SOURCE NOTES

Home-safety observations draw on CDC and Mayo Clinic guidance. Visit sequencing and family records are editorial tools, not clinically validated assessments. No clinician has individually reviewed this worksheet.

CDC / Check for Safety

<https://www.cdc.gov/steady/pdf/steady-brochure-checkforsafety-508.pdf>

Mayo Clinic / Fall prevention

<https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358>